

Bean Tostada - USDA Recipe D120C

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Grains, Meat / Meat Alternate

D13A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium pinto beans, drained, rinsed	4 lb 4 oz	2 qt 1 1/3 cups (1 No. 10 can)	8 lb 8 oz	1 gal 2 2/3 cups (2 No. 10 cans)	1. Pour beans, onions, peppers and spices into a large food processor.
*Dry pinto beans, cooked (See Notes Section)	4 lb 4 oz	2 qt 1 1/3 cups	8 lb 8 oz	1 gal 2 2/3 cups	
*Fresh onions, chopped	1 lb 3 oz	3 3/4 cups	2 lb 6 oz	1 qt 3 1/2 cups	
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
Salt		1/2 tsp		1 tsp	

Ground black pepper		1 tsp		2 tsp	
Water		2 cups		1 qt	2. Pour water slowly in processor while bean mixture is pureeing on medium speed for 1-2 minutes until beans have a smooth consistency.
Canned no-salt-added tomato paste	7 oz	3/4 cups	14 oz	1 1/2 cups (1/8 No. 10 can)	3. Place pureed bean mixture and tomato paste in a large stock pot. Cook over medium heat covered for 15 minutes. Stir occasionally. 4. Critical Control Point: Heat to 165 °F for at least 15 seconds.
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups	5. Remove from heat and fold in cilantro. 6. Critical Control Point: Hold for hot service at 140 °F or higher.
*Fresh lettuce, shredded	1 lb 4 oz	1 qt 3 cups	2 lb 8 oz	3 qt 2 cups	7. For topping: Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 12.
*Fresh tomatoes, chopped	11 oz	1 1/2 cups	1 lb 6 oz	3 cups	
Reduced-fat Cheddar cheese, shredded	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	8. Set cheese aside for step 13.
Whole-grain yellow corn tostada	1 oz	50 each	2 oz	100 each	9. Assembly (2 tostadas per serving):

10. First layer: Using a No. 20 scoop, spread 1/4 cup (about 2 1/2 oz) bean mixture on each tostada shell.

11. Transfer bean-topped tostadas to a sheet pan (18" x 26" x 1") lined with parchment paper.

12. Second layer: Using a No. 10 scoop, divide equally between two tostadas, 3/8 cup (about 1 1/2 oz) lettuce and tomato mixture on top of bean mixture.

13. Third layer: Using a No. 40 scoop, divide equally between two tostadas, 2 Tbsp 1/2 tsp (about 1/2 oz) shredded cheese on top of lettuce and tomato mixture.

14. OR

15. Instruct students to "build" their own tostadas.

16. Serve each student: 2 bean topped tostadas; 3/8 cup (about 1 1/2 oz - use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 2 Tbsp 1/2 tsp (about 1/2 oz - use No. 40 scoop) shredded cheese in individual souffle cups.

Notes

*See
Marketing
Guide
for
purchasing
information
on
foods
that
will
change
during
preparation
or
when
a
variation
of
the
ingredients
is
available.

Cooking
Process
#2:
Same
Day
Service

Serving

NSLP/SBP
Crediting
Information:
2
tostadas provide:

Legume
as
Meat
Alternate:

1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 6 oz	2 lb 12 oz
Green bell peppers	10 oz	1 lb 4 oz
Lettuce	1 lb 11 oz	3 lb 6 oz
Tomatoes	13 oz	1 lb 10 oz
Dry pinto beans	4 lb 4 oz	8 lb 8 oz

Serving	Yield	Volume
See Notes	25 Servings: about 7 lb (bean mixture)	25 Servings: about 3 quarts 2 cups (bean mixture) / 50 tostadas
	50 Servings: about 14 lb (bean mixture)	50 Servings: about 1 gallon 3 quarts (bean mixture) / 100 tostadas

Nutrients Per Serving					
Calories	246	Saturated Fat	3 g	Iron	2 mg
Protein	11 g	Cholesterol	8 mg	Calcium	236 mg
Carbohydrate	35 g	Vitamin A	745 IU	Sodium	437 mg
Total Fat	9 g	Vitamin C	15 mg	Dietary Fiber	7 g